

## Increasing Milk Production/Re-Lactation Guidance

1. If you are partially breastfeeding, offer feedings more often to increase milk production (8-12 feedings, hand expression, or pumping sessions) every 24 hours.
2. Consider relactation. Relactation is the process by which a parent reestablishes lactation after having stopped for some time (weeks or even months). More information: [CDC Guidance Supporting Families with Relactation](#).
3. If you're interested in starting to breastfeed and/or increasing your breastmilk production, talk with your healthcare provider about a referral to a breastfeeding expert (lactation consultant). Breastfeeding experts can be found at these breastfeeding medicine clinics in Virginia.  
[Children's Hospital of Richmond Lactation Clinic](#): 804-828-CHOR (2467)  
[Children's Hospital of the King's Daughters Breastfeeding Medicine](#): 757-668-6984  
[Inova Breastfeeding Medicine](#): 571-419-5640  
[University of Virginia Breastfeeding Medicine Clinic](#) : 434-924-0000

### Additional Resources:

[Academy of Breastfeeding Medicine Statement on shortage of breastmilk substitutes](#)  
[USLCA's Find An IBCLC® Directory](#)  
[Find A Lactation Consultant](#)